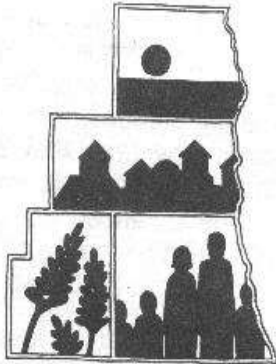


Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



- _____ Please correct your mailing list
_____ Please delete my name from list ATTACH THE OLD MAILING LABEL
_____ Please add my **E-mail Address** to get newsletter: _____

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT & E-MAIL:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

NORTH DAKOTA AGING and DISABILITY
Resource-LINK
Your Care Choice Connection to Aging and Disability Resources

1-855-GO2LINK

1-855-462-5465

www.carechoice.nd.gov



AGING SERVICES

Volume XVIII Number III

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Summer 2015 Extra

INSIDE THIS ISSUE

OAA 50th Anniversary.....p.1
"Go take a hike, Safely".....p. 2
Telephone Numbersp. 3

Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at you senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



MISSION STATEMENT:

To provide quality,
efficient, and effective
human services,
which improve the
lives of people.

Older Americans Act 50th Anniversary Materials Now Available

The Administration for Community Living has published outreach materials to support communities celebrating the 50th anniversary of the Older Americans Act (OAA) this July. The observance theme, "Get into the Act: Aging Well Since 1965," celebrates the evolution of the Act and honors the many achievements made possible by OAA programs.

The available materials include infographics, articles, web badges and banners, sample social media, and more. To join ACL in recognizing this important milestone, please visit <http://www.acl.gov/oa50>.



Change the life of a senior in need!

The need for Senior Companion volunteers in the Grand Forks area has hit an all-time high.

- Other benefits to becoming a senior companion include a tax-free hourly stipend, travel reimbursement, paid holidays and time off.
- If you are 55+ years of age, of lower income and available to volunteer 15 hours per week.
- Contact Andrea Lang, Easter Program Coordinator, for more information about becoming a senior companion volunteer with Lutheran Social Services of North Dakota.

Andrea Lang, M.S.

Eastern Program Coordinator
Lutheran Social Services Senior Companions

Mailing Address: P.O. Box 389
Fargo, ND 58107

Office: 745 45th St. Suite C,
Fargo, ND 58103

Phone: (701) 271-3247 or (800) 450-1510

Fax: (701) 235-7359

www.lssnd.org/seniorcompanions

DEMENTIA CARE SERVICES

Ashley Magner, MA
Regional Care Consultant -
Regions 3 and 4
Alzheimer's Association Minnesota-
North Dakota
311 S 4th St, Suite 202 | Grand
Forks, ND 58201
p 701.775.8544
f 701.775.8612
c 701.541.4217
E-mail amagner@alz.org

24 Hour Information Helpline;
CALL US ANYTIME -
1.800.272.3900
<http://www.alz.org/mnnd/>

Region IV Support Groups

Grand Forks Senior Center
Alzheimer's/Dementia
Caregiver Support Group
Where: GFSC Library
When: 3rd Thursday, 10:00 a.m.
Contact: Kalen Ault at 757-4877
or options@gfseniorcenter.org

UND School Of Nursing,
Alzheimer's/Dementia
Caregiver Support Group
Meet's the first Saturday of
each month at 10:00 am, Liz
Tyree or Sandy Wells facilitate.
Liz Tyree @ 701-777-4522

Cavalier Group,
Alzheimer's/Dementia
Caregiver Support Group
Meet's the 3rd Thursday of
each month at 7:00 pm. More
information call, Susan
Vivatson, Cavalier, Parish
Nurse, United Lutheran Church
@ 701-265-8097



<http://www.alz.org/mnnd/>

Altru Psychiatry Building
Parkinson's Support Group
For Spouses or caregivers
Meets: First Tuesday of the
month from 6:30 to 8:00 pm
Address: Altru Psychiatry
Building, 860 N. Columbia
Road, Grand Forks
Contact: Heidi McDonald
Phone: 701-780-2428
Department of Outpatient
Physical Therapy, Altru Health
System



Region IV
Nutrition Sites
-Grand Forks Senior Center
Information for
Grand Forks & Nelson
counties contact
701-772-7245 or
<http://gfseniorcenter.org>
-Walsh County Nutrition
Program 701-284-7999
-Pembina County Meals &
Transportation
701-454-6586

The Best Breakfast Deal in Town!

Suggested contribution \$2.00,
older adults can come to the
Grand Forks Senior Center and
enjoy a full, hot breakfast. We
serve each weekday from 8:30
am to 9:30 am and our menu is
found in our *Silver Express*
newsletter or on our website at
www.gfseniorcenter.org
[620 4th Ave S., Grand Forks](http://www.gfseniorcenter.org)
[PH: 701-772-7245](http://www.gfseniorcenter.org)

Meals on Wheels: 701-757-2006



Go Take a Hike -- Safely



Proper footwear, first-aid kit
and extra food are must-
haves, experts say By Robert

Preidt

Before setting out on a hike,
make sure you're prepared for
the unexpected. The American
Hiking Society outlines 10
things needed on every hike,
starting with appropriate
footwear. Trail shoes are fine
for a short day hike that
doesn't involve carrying a
heavy pack or negotiating
difficult terrain. But hiking
boots, which offer more
support, are a better choice for
longer hikes, carrying heavier
loads, or traveling on more
challenging terrain, the society
says. Even if you have a GPS
unit, you need a map and
compass as a backup. It's also
important to carry enough
water and have a way to purify
water from sources along the
trail, experts advise. Take
extra food in case you're out
longer than you planned
because of getting lost,
suffering an injury or traversing
more difficult terrain than you

expected. Even if the weather forecast is good, bring rain gear and extra clothing in case the prediction is wrong. Dress in layers so you can adjust to changing weather and activity levels. Do not wear cotton clothes -- which trap moisture close to the skin -- and always carry a hat. Sunscreen and sunglasses are other necessities, especially above the tree line where sun and snow combined can cause snow blindness and sunburn. Even on a day hike, you need a whistle, flashlight/headlamp and matches or lighter in case of an emergency. Three short bursts on a whistle is a signal for help. Always carry a first-aid kit -- and better yet, take a first-aid class. Prepackaged first-aid kits for hikers are available at outfitters. Another important item is a knife or multi-purpose tool, for cutting strips of cloth into bandages, removing splinters and fixing broken eyeglasses. Your daypack or backpack should be comfortable and have a rain cover to keep your belongings dry.

SOURCE: American Hiking Society, news release, April 24, 2015

Aging & Disability Resource LINK

(ADRL) www.carechoice.nd.gov

1-855-GO2LINK (1-855-462-5465)

Options Counseling: Engaging In life.

A connection that unlocks options for older adult and their families

- Helps adults 60+ and adults with physical disabilities live independently longer
- Simplifies access to in-home services and long-term supports
- Provides active options counseling, not just referrals
- Assists those who do not qualify for publicly funded services as well as those who do
- Offers planning for alternatives to nursing home care.

Contact Kalen at 701-772-7245

Telephone Numbers to Know

**Regional Aging Services
Program Administrator & ND
Family Caregiver Coordinator**
Region IV: Patricia Soli
1-888-256-6742

**Long-Term Care Ombudsman
Services**
Region III & IV:
Tammy Ferderer
1-888-607-8610

**Vulnerable Adult Protective
Services (VAPS)**
**VAPS Central Intake at
1-855-462-5465 Option 2**
Region III & Nelson County:
Kim Helten 1-888-607-8610
Region IV (Grand Forks, Pembina,
Walsh): Bernie Bachmeir or
RaeAnn Johnson- 1-888-256-6742



Ali Rood, Mobility Manager
City of Grand Forks
701-757-1503

www.grandforksgov.com/bus



AGING
re-IMAGINED

2015 conference information
coming soon to:

northernplainsconference.com



Featured Speakers

C. Will Myles—America's Everyday Comedian—Humor in the Workplace
Mark Lindquist—Breath is Limited Motivational Speaking—Service, My Way of Life

- | | |
|-----------------------------|----------------------------------|
| • Life re-Imagined | • GenX and Millennial Caregivers |
| • Legal Issues | • Aging Homeless Panel |
| • Motivational Interviewing | • Social Security & Aging |
| • Ethics | • Complimentary Therapies |
| • Hospice Services | • Ambiguous Loss & Resiliency |
| • Veterans Benefits | • Medical Information Claims |
| • Compassion Fatigue | |

Early bird registration rate applies until
September 5, 2015

Exhibit/Vendor Information:

Contact Julie Marxen at 218-299-5514, e-mail

julie.marxen@ci.moorhead.mn.us

or Laura Maeyaert at 701-356-1428,

Imaeyaert@valleyseniors.org

Interested in being a Sponsor?

Contact Monica Douglas at 218-233-7521 or by e-mail

Monica.Douglas@lssmn.org

Note: Other Questions, contact M State Custom Training Services at 218-299-6576 or 800-426-5603 Ext. 6576



**At Ramada Plaza Suites,
Fargo, ND**

<http://www.northernplainsconference.com/>